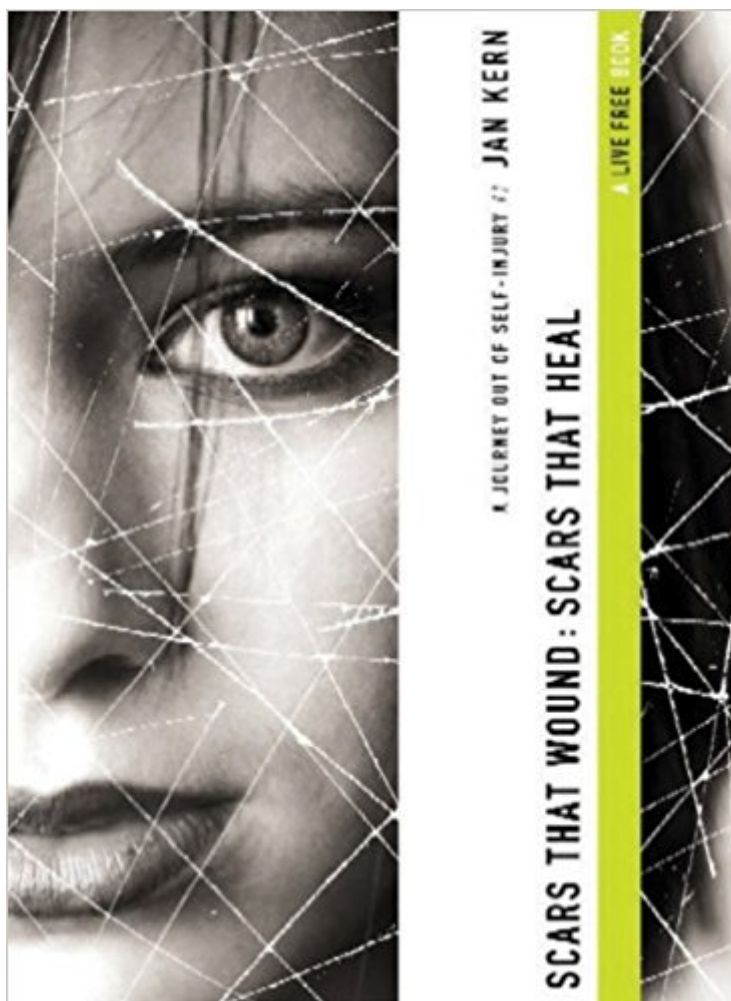


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# Scars That Wound, Scars That Heal: A Journey Out Of Self Injury (Live Free)



## Synopsis

This is Jackie's story of repeated self-injury and how relationships with those who came alongside her— together with a deeper understanding of God's love and patience— brought her to a place of hope and healing. The Live Free series for teens and young adults tackles real questions about real life— questions about sex, family problems, relationships, body image, and the future. You—, will discover firsthand stories of teens and their personal struggles, journeys, and spiritual healing that comes with real freedom. Each chapter includes Scriptures, journaling prompts, tips for supporting the person seeking help, and questions designed for personal reflection or small group discussion.

## Book Information

Series: Live Free

Paperback: 237 pages

Publisher: Standard Publishing; Perfect Bound edition (September 5, 2007)

Language: English

ISBN-10: 0784721041

ISBN-13: 978-0784721049

Product Dimensions: 7.4 x 5.9 x 0.6 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 3.9 out of 5 stars 11 customer reviews

Best Sellers Rank: #1,684,077 in Books (See Top 100 in Books) #48 in [Books > Christian Books & Bibles > Children's & Teens > Teens > Social Issues](#) #1297 in [Books > Teens > Religion & Spirituality](#) #2055 in [Books > Teens > Social Issues](#)

## Customer Reviews

Jan Kern writes and speaks from her passion to know God deeply, as well as from her personal journey of struggle, loss, pain, and questioning. For more than twenty-five years she has worked with ministries and groups with which she has had the privilege of mentoring and encouraging teens, young adults, and parents. She and her husband live and work at a ranch for at risk youth in California.

This book was amazing. I have had a personal struggle with the topics covered in this book. I was really moved and touched in a healing way while reading this book. For anyone that has struggled with self-mutilation I would say this is a great read. I am recommending this book to my friends that

have had similar struggles, and will continue to recommend it to anyone wanting a healing touch.

This is a touching story that explains so much behind the need to cut. It gave me an understanding that I had lacked and a starting point for talking with my daughter about her hurting herself. It seemed to help her to be able to express her pain in verbal ways rather than cutting. I highly recommend this book for anyone who cuts themselves and for their families and friends. A true way to help.

Helps in understanding some of the youth I work with.

The book talks about Jesus all the time, it's only for Christians and talks much more about God than cutting. Worst book on self-mutilation I've ever read!

True stories, true hope . . . In the face of confusing messages in a chaotic world, teens and young adults need to know they don't have to get caught up or stuck in pain and brokenness. There is hope and a story God wants to unfold far greater than any they can imagine. Through her writing and speaking, Jan Kern encourages that discovery. "I want to stop . . . I feel like I did something to deserve this. When is it going to be over?" These are the words of Jackie, a young girl caught up in the horror world of self-injury, commonly known as "cutting". As Jan points out, the journey out of this nightmare is not an easy one, but with love and support, it can be achieved. I highly recommend this book for families of self-injurers as well as for youth pastors and others who work with young people.

I wish I could give this 6 stars because it is written for multiple points of view; it was written for people who self-harm or have self-harmed in the past, people who know someone who self-harms, and people who don't really know anything. It's the best book I've read on SI (I read quite a bit) and I would highly recommend it to anyone I think could benefit from it and I already have someone else reading my copy even though it hasn't been three days since I got the book in the mail!!

This book is great as it covers the issue of self-harm from all angles. From the perspective of the self-harmer, from an external viewpoint and even gives pointers to those trying to help the self-injurer. It also provides direction for holistic healing as it demonstrates God's role in the healing. Struggling with self-harm myself I really appreciated that this book had raw honesty. It wasn't this

fairy tale book of recovery. It was the hard slog of years of work and effort with a hope-filled ending.

I'm a recovering self harmer, and this book was a GREAT book that I read through and worked on with my mentor from my church. I'd deffinatly recommend this book for anyone, especially a Christian, who struggles with self harm.

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